



Just leave me alone - I don't want to be with anyone. I'm just so irritated!

I haven't been able to sleep in days, and my thoughts are racing. I feel like I can't keep up with myself.

FRIENDSHIPS COUNT

Help fight the stigma of living with Bipolar Disorder.

“ I have Bipolar Disorder, but I'm afraid to tell you about it. You might treat me differently. You might even call me names. So I'm quiet about it, and you may never know it's there.

I take medicine and see a therapist, and I don't usually have the highs and lows I once had. When I do, though, I sometimes make bad choices. I need people around me to tell me about the changes because I can't see them myself. With your help, I can get back on track a lot faster.

I'm a great friend, especially to those who offer understanding. ”

www.friendshipscount.com

